

EXPLORER 1

SEQUENCE OF AN OUT-OF-BODY EXPERIENCE (OOBE)

INTRODUCTION BY MR. ROBERT MONROE: *This is Robert Monroe speaking. The following is made up of material taken directly from the voice tracks of Explorer sessions held here at our research facility. We offer them without our evaluation or comment, so that you can learn from them as we did, and form your own opinion or interpretation of what took place.*

The Explorer is lying in total darkness on a waterbed in our experimental booth No. 2. The booth itself is well shielded from RF radiations, is temperature-controlled and is totally soundproof. The only signal our Explorer can receive is the audio patterns through a set of stereo headphones. We record out of the booth for oral responses and her body voltages.

The code name for this Explorer is ROMC. At the point of this experimental session she had gone through some 32 previous sessions in the lab. She is gone now, on her own accord, up to Focus 10, and is deep in 10, going into 12... as we pick it up...*

ENERGY-BEING (communicating through ROMC's vocal cords): *She is always there to observe, to speak at any time, or can always choose to step in other dimensions. There will be*

**Focus 10 and Focus 12 are names given to two states of consciousness in which a subject emits brain waves in the alpha level.*

support to help her into these dimensions, and while this is taking place we will work trying to bring information through these vocal cords.

It is a privilege to be working with a soul (Mr. Monroe) of your magnitude and experience. You have been a guide to many souls who need to be released, to go into the greater knowledge areas, as you have done yourself. There are many ways to go into these knowledge areas, and this is a special experiment of stepping into knowledge dimensions. This could never be done were it not for you, with the knowledge that you bring, and with the great light and confidence that you surround this whole project that you work on.

I am working at this time on a dimension within the consciousness of this particular being, but as the dimension of this consciousness is opened I will work fully and more freely on a more light-level of consciousness. I have been working with others who will come in as we reach different dimensions and levels. At this time I am able to tap into this particular level of consciousness of this dear being who is interested in allowing herself to be used. I can work on many levels of consciousness; and there are others who come with the knowledge from other levels—we will not say higher or lower—they are light dimensions. As we break through into the various levels it is easier to bring through the knowledge. I am working now on the level where this entity is presently, but we will work together through various levels.

There are others who are working with her. I speak in terms of «we» because each time I/we come as a group there are others who are assistants and who will always be there to bring the energy levels up to work. And we say that you are

doing exactly what is necessary to help the situation, to be in that perfected state whereby the energies may be released into other levels of consciousness.

And now, we will step out, and allow her to step back in fully into her own body. It is a privilege... Thank you, dear friend...

END OF RECORDING
